

10-22-1987

The Observer

Central Washington University

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THE Observer

Thursday, October 22, 1987
Volume 5, Issue No. 3

Central Washington University

Ellensburg, Washington

THIS WEEK

LIGHTS CAMERA ACTION!

page 3



AND THE WINNER IS... BOB!!!

page 7



VANDERSCHAAP PLAYED WITH THE BIG BOYS

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Harrington to resign post in 1988

Dr. Edward Harrington, academic vice president at Central Washington University since 1970, will resign that office and rejoin the Central faculty ranks on Sept. 1, 1988, President Garrity announced Oct. 14.

Responding to Harrington's decision with "considerable sadness," Garrity said, "Ed's moving out of the vice presidency is, on a personal level, kind of tough for me. We have worked closely and comfortably together for nine years; however, I support him in his plans."

"Ed Harrington has been an institution around here for some time, and his leaving the vice president's office will be a dramatic change for the university."

According to his request, Harrington will retain the faculty rank of professor of biology, and be assigned to central's office of cooperative education, which he calls "one of the finest, but perennially understaffed" divisions of the university.

Reflecting on his Central vice presidency, Harrington says his greatest satisfaction has been the university's progress in curriculum diversification.

"We have been blessed with an excellent faculty whose collective vision and drive have broadened Central from a predominantly teacher-education college to a comprehensive regional university. We were able to maintain



ED HARRINGTON - Vice President of Academic Affairs

those strong original programs, while adding many others equally as good."

While he balks at taking credit for many of the changes at Central, Harrington says he takes great pride in having "participated in the strengthened general education program"-the liberal arts and sciences core coursework which each Central student completes, in addition to an academic major.

Higher admissions standards for incoming students, a strong extended-degree program in the Puget Sound area, a top-quality business school, a program to recognize distinguished professors, a campus tree-planting project

sponsored by CWU graduating classes, annual honors convocations and a campus chapter of the national honor society, Phi Kappa Phi-all have grown up during Harrington's tenure, and he has "participated" in each.

Harrington, 61, a Massachusetts native, earned bachelor's and master's degrees at Tufts University, Medford, Mass., and a Ph.D. in vertebrate zoology at Cornell University, New York.

Before joining the Central academic administration, he served San Jose State University for 15 years, first as a member of the biology and natural science faculty, and later as associate dean, dean of undergraduate studies, acting dean of academic planning and academic vice president.

His career has spanned education, from elementary to university levels. In his 20s, Harrington spent a year in the education department of the Boston Museum of Science, working with public school children as curator of bird, mammal, and herpetology collections.

He also worked as general science teacher at Belmont Hill School. In 1959, Harrington directed an elementary science institute at San Jose State, funded by a \$40,000 grant from the National Science Foundation.

Please see Harrington page 5



Stacy L. Bradshaw/The Observer

HOMECOMING

Cheerleaders Lauri Schenck, Roco Lamanna, and Mark Adams salute onlookers as they pass by during Saturday morning's Homecoming parade. Later that afternoon they inspired the crowd with cheers as the Wildcat football team came from behind to win the game against Oregon Tech.

Air Force ROTC expands to Moses Lake

By JUNE E. MAW
Staff Writer

The steady growth that Central's Air Force ROTC program has experienced during the past four years will continue with the program's expansion to Big Bend Community College in Moses Lake.

Previously, AFROTC at Central was limited to two years of active involvement. About three years ago President Garrity approached the AFROTC Commandant with the idea of increasing the program to four years. At this time, out of 152 units nationwide, only Central and two others were two-year programs.

Freshmen and Sophomores

year. With the Big Bend agreement, the program is an official four year one. The agreement also makes Big Bend the only community college with an AFROTC program in eastern Washington.

According to Col. Richard Thompson, detachment commander, Big Bend was chosen because of its strong aviation and computer science departments. Also, many of Central's cadets have transferred from this community college and are successful at Central.

Thompson expects the expansion to benefit both Big Bend and Central.

"It's much easier to run a four year program," Thompson said. "We'll have freshmen and

challenges. They'll also give us a recruiting base since in the past we've had to scramble all the time to get people to enter the program as juniors."

The Big Bend curriculum will be an introduction to the Air Force way of life, says Thompson. Cadets will study air power heritage, military history and customs, and writing and speaking skills.

The program will also stress physical fitness. Courses will be taught by instructors traveling to Moses Lake from Central once a week.

Thompson doesn't want to see this expansion end with Big Bend. "We are looking within a few months to open up a similar program at Yakima Valley Com-

Depending on how that college views this expansion, a program could be set up by winter quarter. Expanding to YVCC would mean the addition of one or two more instructors for the program, but Thompson doesn't think the university will object to this.

"This is a very biased statement, but out of any university in the nation, we probably have the best support from university officials," says Thompson. "We wouldn't be ranked so high if the university hadn't given us its support prior to the ranking."

Thompson believes this support is directly responsible for the program's success.

Ranked 17th three years ago, the program is now (unofficially)

quality for the university as a whole as part of the program's success.

With students from Big Bend included, the program's enrollment is at about 110.



EDITORIAL AND OPINION

Biking and skating restrictions may be imposed

Editorial
BY LIONEL G. CAMPOS

Well, the students of Central Washington University are about to be taxed yet again. No, this time it is not fees, this time students will most likely be restricted and banned.

Campus Police Chief Al Teeple approached Central's B.O.D. and informed them of a possible ban of skateboards on campus, and a possible restriction concerning where students would be allowed to ride their bikes.

It seems that the town of Ellensburg has banned skateboards. So, instead of throwing their skateboards away, those youngsters are coming on campus with them and using them here.

However, the problem is that increased damage around campus has been attributed to those who have skateboards, thus the reasoning for banning skateboards.

As for the restrictions on bikes, Central has a liability problem which it cannot seem to solve. Bike and pedestrian accidents are putting the university in great risk. Only solution the university sees is putting restrictions the bikers.

As a student, I must say I do not like either of the solutions suggested. It

feels as if each year I return to Central more of my rights are taken away. Last year there were fees and this year bans and restrictions. When is it going to stop?

There is a possible solution to the skating and biking problem. However, it is not a new one. Bike lanes.

This is an old issue, and the reason there are no bike lanes in existence is because they have been too expensive to construct in the past.

Well, it's time the administration closes its eyes on the financial aspect, and focuses more closely on the needs of its students. After all, students are the university's main concern, correct?

What students need right now are bike lanes. So the university should be concentrating on finding ways to construct these lanes, instead of coming up with reasons as to why they cannot be constructed.

The point is, we students have our backs to the wall, and unless we start letting the administration know how we feel, nothing will be done to favor our situation.

We have to write letters and let the administration and our student B.O.D. know we don't want skating or biking restrictions placed upon us until all plausible avenues have been exhausted. However, let's not write letters that solely complain, let's write letters that also offer possible solutions.

Letters To The Editor

To The Editor,

I would like to first commend Duane Morris for trying to inform the public about as controversial a subject as steroids. However, I am deeply disturbed about some of the misinformation and out of text quotations in his article.

Contrary to what was stated in his article, the NAIA does have a policy on substance abuse, a policy based more on education than enforcement. I informed Mr. Morris of this when he interviewed me. I also mentioned the fact that the NAIA has recently begun using random drug testing at

selected national events.

The Athletic Committee of Central Washington University (consisting of nonathletic faculty members) has also concurred with the NAIA in emphasizing drug abuse education here at CWU.

Thus we have developed the class 'Drug in Sports', which shows a high enrollment of athletes every quarter despite the fact that it is not a mandatory class. (The football team also received their own drug seminar from Dr. Briggs during pre-season training camp.)

Referrals are handled in the same manner, with the intent being to educate the athlete against using drugs rather than taking punitive action when the athlete is caught.

The cost of mandatory drug testing is prohibitive on our level of competition. It would cost the University approximately \$120,000, to implement a program similar to the one at UCLA. Moreover, at CWU athletics is considered an integral part of the academic program.

With that in mind, the Athletic Committee felt that if a testing program was instituted, it should encompass the entire student body, not just one select group. There is also the question of the legality of drug testing, which has yet to be resolved.

Central Washington University is a microcosm of our society as a whole, hence our coaches' statements that they would be naive to think the problem does not exist on this campus. They do not tolerate its use, as implied in Mr. Morris' article, nor are

they aware that steroids are "a big joke on the team."

Which brings me to my final point, which was to question why Mr. Morris chose to interview only one athlete out of approximately five hundred within the athletic program.

Moreover, he chose an athlete who played for half the 1985 football season before quitting the team. In view of that, I question Mr. Torrence's ability to speak for the current CWU football

Please see Letters page 4

B.C.

BY JOHNNY HART



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THE Observer

The Observer, the official student newspaper of Central Washington University, is a laboratory newspaper in conjunction with the CWU Communications Department. All unsigned editorials are the view of the majority of The Observer editorial board.

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NEWS

HEC Board looks past Central

By GUILLERMO CABALLERO
Staff Writer

Within the next decade, it is quite possible that a student will be able to obtain a degree from the University of Washington without ever having taken a single step on the Seattle campus.

Recent action by the Higher Education Coordinating Board, which guides long-range higher education activities as well as establishes policy for two- and four-year institutions, has resulted in the University of Washington being granted a leadership role in establishing one or more branch campuses in the Puget Sound region.

The UW was granted leadership role in the region above Central, which already has established programs there.

Central Washington University Vice President of Academic Affairs Dr. Edward Harrington

told the Ellensburg Chamber of Commerce that this action could result in an enrollment loss of 10 percent for CWU, and possibly a proportionate budget cut as well.

However, Mary James, a former CWU professor and a current member of the HEC Board, says that the UW was chosen to spearhead the project primarily because of its large size, and because it has the personnel to conduct the research necessary to establish a branch campus.

James said that the board, appointed by the legislature to draft a master plan for higher education, decided that a branch campus is needed to meet the needs of the under-served area of the Puget Sound.

Pierce County, for example, has a good-sized population, but not one four-year institution to serve it. Snohomish and Clark counties face similar problems.

According to James, there are

many people that are being restricted from attending colleges that offer baccalaureate and graduate degrees, and research opportunities, because they simply don't have the time it takes to commute to larger schools after they finish at a community college.

James said that many of those students are married and have families, making commuting more unattractive.

One possible solution to the problem was proposed by State Representative Dan Grim at the board's meeting at Fife three weeks ago.

Grim advocated that the board consider recommending that a new four-year school be built to accommodate the future population changes in the state that will result in a shortage of higher education facilities.

However, James said that the board is adamantly opposed to such an action, because it feels that the state's community college system is excellent and is

serving the needs of students.

She says the demand will be for junior- and senior-level students, so that's the area they're going to concentrate on.

James said that one solution to the problem would be for a branch campus that would serve in conjunction with community colleges, similar to the ones that Central has established over the past 12 years with the extensions at Lynnwood, Edmonds, and Steilacoom. A program she describes as efficient and cost effective.

Cost is something that is at the center of the branch campus controversy. Just last week, a former member of the HEC Board said that the UW branch campus is something that is "several years away."

Robert Thoeny, the director of the HEC Board, said in a recent interview that "the state doesn't have a lot of excess dollars right now, because other projects are commanding money." James made similar remarks concerning a lack of funding.

James suggested that there is a possibility of Central losing its extension programs to the UW, but that the whole notion is premature.

James said that it is quite possible that the UW will contract the services of private and public institutions. For instance, Central has an accounting program that is acknowledged to be one of the best in the nation; it would be more efficient not to disrupt such a high-quality program that is more than adequately meeting the needs of its students.

James said that the board has explored the possibility, but that there are still many details on the master plan that need ironing.

For the time being, however, the University of Washington has the next move regarding a branch campus. It is expected to report back to the board next August, outlining how a branch campus would be set up.

Students sit in as actors for Rainier commercial

By JUNE E. MAW
Staff Writer

A dusty lot about ten miles outside of Ellensburg was transformed last Saturday into the site of yet another of Rainier Beer's series of unusual commercials.

This particular commercial is modeled after a wildlife special such as "Wild Kingdom." "The site is analogous to a watering hole in Africa or Australia," says Sam Walsh, co-producer of the commercial and co-owner of the Charles Samuel Production Company based both in Seattle and San Francisco.

A bar, the local watering hole, is located on a dry, dusty plain, and is visited by various species. There are the "regulars" who devour peanuts, the "striped fans" who are avid watchers of television sports programs, and the "stalkers" who prey on the pool table.

The quietness is suddenly marred by

a "thundering herd" of thirsty softball players. They drink the beer and leave just as quickly as they arrived, allowing the watering hole to return to the serene scene it was only moments before. "I think it will be a real funny commercial," says Walsh. Funny or not, it should fit in with previous Rainier commercials.

Of the 23-member cast, Ellensburg area residents and Central students were chosen for 19 parts. Student Shan Sedgwick was thrilled about his film debut.

"It's a lot of 'hurry up, get on the set, and then wait,'" he says of his role as one of the thirst-crazed softball players.

"But the guys we worked for were really nice and always complimenting us," Sedgwick said. "I had no idea what I was doing and thought they would yell at us but they didn't. If they saw something they liked they would tell us."



Robert Sorbo/The Observer

SHOW TIME — The Rainier Beer commercial crew prepares the set for the days shooting activities.

Sedgwick also says he will enjoy the \$125 cast members were paid for the day's work.

Tami Kegley, a broadcast journalism major, thought being in the commercial was fun, but tiring. "It's hard to realize just how much time goes into this. Something that will be on the air only two or three seconds takes a couple of hours to film," she said.

As someone who spends much of her time behind a camera, Kegley was interested in watching professionals work behind the cameras all day.

"I saw a lot of attention to detail. When you're a professional, everything has to be just right. They spend a lot of time and money so I guess it should be that way," Kegley said.

Walsh likes to use locals for many reasons. This time he was looking mainly for a certain look and body shape to cast for the parts.

Although he wasn't actually looking for acting talent, the commercial does feature four professional actors from

"We used them to add a special touch to certain parts, but working with 'real' people is great because they add a naturalness to a scene that professionals sometimes don't have," says Walsh.

Filming took all day, beginning at 8 a.m., and by the end of the day enough material had been filmed to fill a 30-second spot.

To finish by nightfall, a large amount of work had to be completed before filming actually began.

Walsh and his company spent a week in Ellensburg doing pre-production work which included scouting the area for a location and holding auditions. "It all culminated in this," says Walsh, "one busy day of filming."

According to Walsh, this was a lot of shooting to accomplish in only one day and that in the past, commercials of this length were shot in more than one day.

After filming, the work is far from over. The post-production work is time-consuming and Walsh doesn't expect the commercial to air until the beginning of the new year, probably the end of



Robert Sorbo/The Observer

Munson Hall takes on new look for new customers

By JUNE E. MAW
Staff Writer

Recently remodeled and renamed, Munson Manor was opened to the public Friday afternoon, October 16.

Formerly named Munson Hall, and housing only men, the residence hall was remodeled to house the latest Auxiliary Services venture. Munson Manor is available, at a slightly higher cost, to small conferences desiring an intimate atmosphere with more elaborate meals than Holmes or Tunstall Commons can offer.

"Munson was developed so we could cater to a different type of customer," says Tom Ogg, manager of CWU Dining Services.

The conference guests pay more for what Ogg describes as higher quality. An advantage for conferences that choose to stay at Munson is that eating, sleeping, and meeting facilities are all provided under one roof.

This includes a continental breakfast to start off the day, a mid-morning coffee break, and a served lunch and dinner. Although the breakfast is buffet-style, lunches and dinners feature

waited-on service and meals such as London grill and baked salmon.

Tableclothes, china, crystal, and flowers all help define the atmosphere. "What we're offering really seems to be catching on," Ogg said.

Providing all this amounts to \$50 per person. This compares to a basic gross cost at Courson and Muzzall of \$33 for adults and \$27 for students and youth.

Although the maximum sleeping capacity at Munson is 50 people, the dining and meeting rooms can handle up to 65 to 70 people. According to Everell Purcell, services coordinator for the Conference Center, the average size of conferences is about 35.

"It's difficult to determine the average number right now because we've been open less than one year," says Purcell. The Munson renovation was completed in February and welcomed its first conference in mid-March.

Most groups that are utilizing Munson Manor are groups that wouldn't have come to Ellensburg before, says Purcell. "We're seeing a lot of state groups such as the Department of Natural Resources and public school district officials."



IT'S COOKING NOW — Munson Manor now offers more elaborate meals than what is regularly cooked in the dining halls.

Letters

Continued from page 2

team, or for that matter, for our athletes as a whole.

Once again, I appreciate Mr. Morris' sincere attempt to report on a highly controversial issue. I only wish he had taken the time to research his evidence a bit more thoroughly. Not every college is guilty of exploiting its athletes, not every athlete uses drugs.

We are very proud of our athletes here at CWU, and are proud of their sacrifices and accomplishments - all done without the aid of athletic talent scholarships. To imply that

these students have a major drug problem, without conducting proper research, is an insult to them and to the University.

Signed,
Gary C. Frederick
Athletic Director

To The Editor,

The halftime show at the homecoming game was a pleasure to watch, and I think the CWU marching band and director deserve a collective pat on the back. The performance quality was excellent, song selections enjoyable, and everyone really looked sharp. Well done, people.

Signed,
Brad Smith

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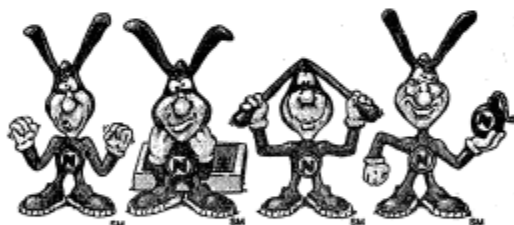
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Stacy L. Bradshaw/The Observer

PLAY IT AGAIN SAM — The Central Washington University band delighted participants of Saturday's Homecoming activities. First playing and marching through Saturday morning's parade and then performing for the alumni during halftime of the football game.

Harrington

Continued from page 1

Harrington also wrote and narrated more than a hundred radio programs in a series "Science in our World," broadcast over a three-year period in San Francisco, to an audience of 35,000 school children in the Bay area.

Central receives grant money

Central Washington University has received a \$6,090 Veterans' Education Outreach Program grant from the U.S. Department of Education, according to an announcement made by U.S. Congressman Sid Morrison.

The funds will be used during 1987-88 for statewide recruiting of veterans of U.S. military service, as well

as for tutorial services on campus for those who enroll and need special academic assistance, CWU veterans advisor Gloria Spatafore said.

"We will encourage all veterans to consider continuing their education, putting special emphasis on recruiting educationally disadvantaged and handicapped veterans," she explained.

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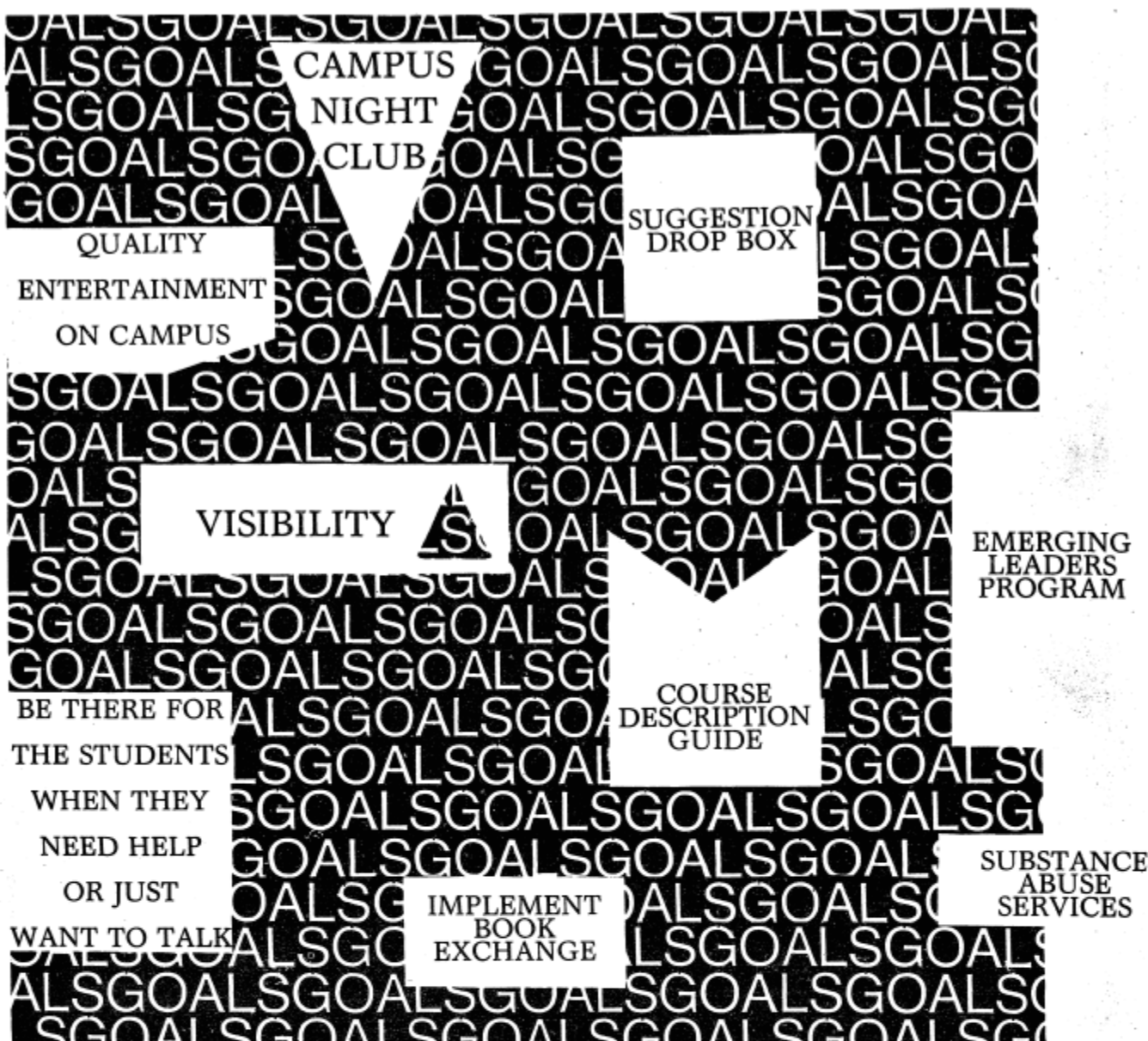


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They are students. Just like you and I. They have these crazy ideas about new programs or services that they feel should exist at Central. What do they do about it? They run for office and are elected to the ASCWU Board

of Directors for the 1987-88 school year. It is really a mess at first. They want to do it all. There really isn't much time though, so they put their goals into perspective. Students, just like you and I, so what difference can they

make? With student interest, input and support, the ASCWU Board of Directors wants to make "making the difference" their goal. Sometimes it is political and sometimes the difference makes more of an impact on

the social level where you and I will notice it. Most importantly, the differences the ASCWU Board of Directors want to achieve are for the benefit of the students here at Central. And that is to be expected, because they're just students too.



The ASCWU Board of Directors would like to congratulate their turtle, "Bob," for a job well done at the Turtle Races. "Good Job Bob!"

SCENE

"Bob" and Beck Hall win the Races

By LORI BAKER
Staff Writer

Hundreds of people gathered last Wednesday and Thursday to watch the annual Turtle and Tricycle races celebrating Homecoming Week.

The Buckboard Tavern hosted the Turtle Races. Turtles had a three meter circle to "race" out of.

Things normally get off (and finish) with a slow start and this year was no different. No new speed records were set.

Buckets placed over the turtles by their trainers prior to their race kept them from "running" away.

The Buckboard was packed with turtle-racing enthusiasts, many of whom train and groom their turtles year-round preparing for the big event.

Awards were given for first, second and third places along with awards for best costume and for the slowest turtle.

Bob the Turtle, sponsored by the ASCWU Board of Directors, came in first place. Bob was rewarded with a trophy and a pizza from Frazzini's. His pit crew was honored with t-shirts.

Second place went to Spuds McTur-

tle, sponsorship unknown. Spuds was rumored to be pregnant following the race.

Tommy Tight-End won third place, as Kathy Courtney, Paula Romeo and the Homecoming Committee helped Tommy edge his way into the top three positions.

Besides winning the race, Bob the Turtle also took top honors for Best Costume.

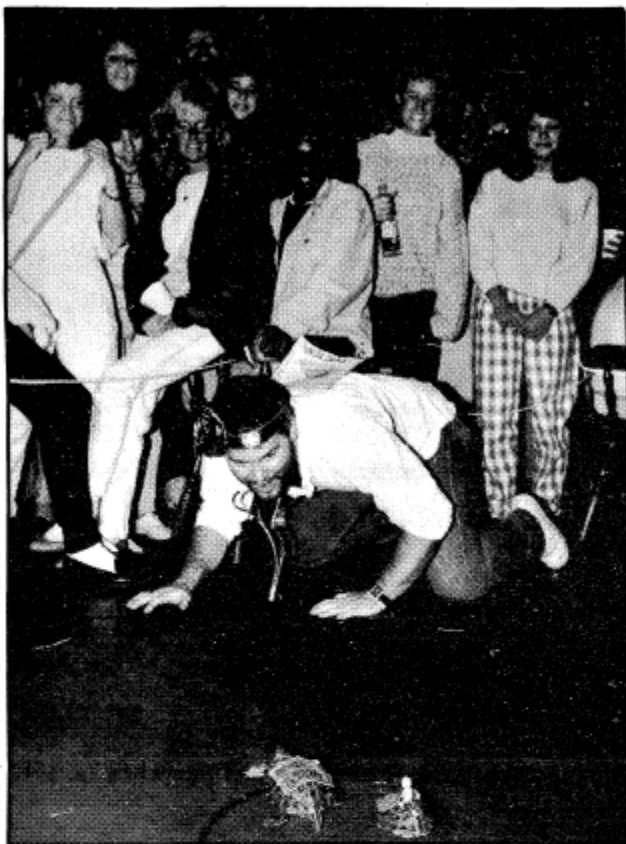
Kiwi the Turtle was named slowest turtle in all of Ellensburg and surrounding areas.

The tricycle races did not enjoy the attendance figures of the turtle races, mainly because refreshments similar to the turtles races were not available to the crowd.

Held last Thursday, the riders had a 50 meter slalom course to navigate in front of Holmes Dining Hall.

Beck Hall turned in the best overall time in the relay course, winning first place. Meisner came in second followed by Air Force ROTC.

The Air Force team also won the Best Costume, as they were outfitted in their flight suits and helmets.



GO SPUDS GO — Spuds McTurtle gets some coaching in the annual Turtle Races staged at the Buckboard Tavern last Wednesday night. Bob the Turtle won this year's event.

Robert Sorbo/The Observer

Ross Shafer jokes . . . then won't talk

By CELINE BEARD
Staff Writer

"Almost Live" Homecoming welcomed Ross Shafer with an "Almost sold out" crowd on October 16 at McConnell Auditorium.

The "Almost Live" band opened the show at 8:00 p.m. performing for about one hour. Although the band does not usually play for a "live" crowd, they performed with an enormous amount of energy.

Band leader, Steve Allan, came out jumping with bright red shoes, ready to get the crowd pumped for Shafer. The band played songs by James Brown, Genesis, and other familiar tunes.

Besides performing on "Almost Live", they also play for some of the Seahawk Seagal performances.

Members of the band included Steve Allan (bass); Jimmy Clark (sax) - from Los Angeles appearing as a guest with the band; Michael Eves (guitar); Chris Layton (drums); and Nick Moore (keyboards) - a Central Washington University Alumni.

The band received great response from the crowd, but when the chant "WE WANT ROSS" began, the audience was ready for a star performer.

Ross Shafer, host of KING-TV's "Almost Live", received a warm welcome when the part of the crowd shouted "we almost love you Ross."

Draped with CWU and Pizza Mia clothing, Shafer opened with the ever popular impression of Jack Nicholson that every comedian seems to do.

Shafer, quick with the comebacks, dealt with the audience well, taking time out of his monologue to answer questions from the laughing crowd.

Much of Shafer's humor centered on the Pacific Northwest (Seattle rain, loggers, and fishermen), gender, and a few

Since Shafer won the Seattle International Standup Comedy Competition in 1983, he has had nothing but success.

He has opened for acts such as Dionne Warwick, Eddie Rabbitt, and



ALMOST SHAFER — Ross Shafer points out the punch line to a

Three Dog Night. Shafer received the NATPE President's award for KING-TV in Seattle, and he also has his own game show, "Love Me, Love Me Not", on CKVU-TV in Canada.

Shafer's fame was also boosted by an attempt to replace Washington My Home with Louie, Louie as Washington's state song, in honor of the Seattle-based band the Kingmen. Because of his attempts, Shafer has appeared on NBC's "TV Bloopers and Practical Jokes", Real People, and NBC Nightly News.

Shafer said he adds fresh material to his routine for each performance and tries to write at least eight minutes of material each month.

After growing up in Puyallup and attending Federal Way High School, Shafer journeyed to the University of Puget Sound where he earned his bachelors degree in Management and Marketing.

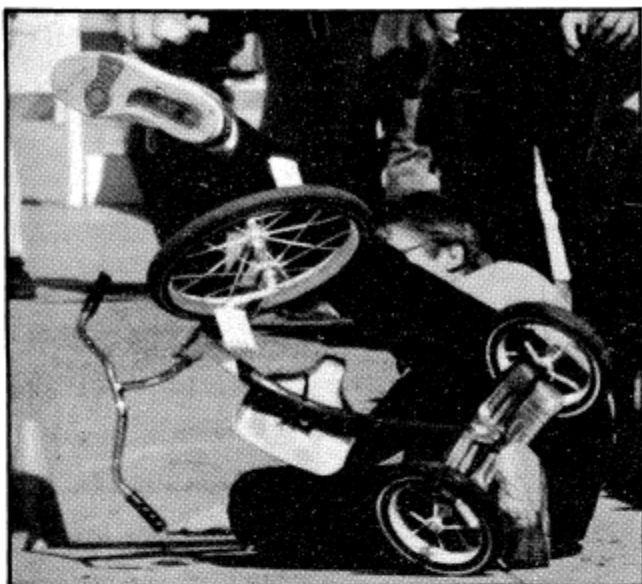
While at UPS, Shafer and football buddy Ron Reeves formed the "Linesmen", a guitar and singing duo which later turned into a comedy act.

Following graduation, Shafer was a man of all trades. He worked as a salesman, carpenter, actor at the Tacoma Little Theatre, and owned and operated a stereo and pet shop in Puyallup, all the while performing in night clubs to support himself.

Shafer presently resides in Bellevue with his wife Penny, and sons Adam, 6, and Ryan, 8, while maintaining an advertising agency in Puyallup—Shafer, Jobb and Associates.

NOTE: Ross Shafer refused to grant the

Robert Sorbo/The Observer



TRIKE CRASH — An unknown rider goes down in one of many trike races held last Thursday in celebration of Homecoming. Beck Hall won the event.

Robert Soehn/The Observer

CWU Designers imagine

By **LILLY PARK**
Staff Writer

Imagine. Imagine choosing three geometric shapes: a circle, square, and triangle, as the basic building blocks of your education. Take these shapes and place them in a variety of settings: from sitting on music stands in a springtime meadow, to floating like sailboats by a pool of crystalline water.

Add to this picture a set of definitive statements by philosopher Alfred Whitehead. Use his words to support what you have visually created for human eyes to see. This is what a group of Central Washington University artists have done.

"You can only give awards to so many," said Carolyn Richards, the lead designer of CWU's recapturing viewbook, facts folder, and poster. She then give tribute to Glen Bach, a co-worker who supported her art work with his graphic design skills.

The goal is a concept that will "open doorways to a different reality."

Please see *Graphics* page 11

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Pass the Sugar?

More bad news for dieters. From the July 1987 Tufts University Newsletter: artificial sweeteners may actually be involved in weight gain rather than loss. A study of 80,000 women indicates those who used sugar substitutes tended to gain weight, while those who did not tended to maintain their weight. How can this be? One explanation: dieters might assume the use of a sugar substitute will allow them to indulge in sweet, rich desserts. However, one slice of chocolate cake will use up more calories than you save by drinking two diet colas. Other studies show artificial sweeteners may trigger a set of physiological reactions in the body that result in loss of control over appetite. This does not mean that sugar substitutes can't be helpful, but a glass of water (the original sugar-free diet drink) may prove to be the dieter's best friend.

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Too fat? Test now available

By LILLY PARK
Staff Writer

Fat floats.
When I taught a scared swimmer to jump off the deep end into my arms, it was because I convinced her that even if she landed on top of me, we'd still float.

She giggled and jumped in. We floated.
That was my thought as we sat in Dr. Pearson's weight training class, talking about hydrostatic weighing, a process that measures the fat to lean body tissue ratio.

Since our class had stated that losing body fat was a main concern, Dr. Pearson said that we could be weighed for free.

Looking at all the svelte bodies in our class, I had a hard time believing they all saw themselves as fat.

Nonetheless, I wanted to find out how this process of weighing body fat worked, so I signed up.

Upon hearing of this wonderful adventure, a friend set a bet for coffee and Dilletantes at the Valley Cafe with me. She thought that the percentage of body fat to lean tissue would be within normal limits.

I thought not.
My friend had not seen the look of wonder on that child's face, when she realized that we really weren't going to sink.

Fat floats. I know.
Jan Boyungs runs the Fitness Specialist program out of Peterson Hall. Her practicum students do the actual water weighing and calculating of mathematical formulas to produce the results.

Using the hydrostatic method of weighing is more accurate than the skin fold test because you are measuring the whole percentage of fat on the entire body.

Using only did the skin fold test, you'd be measuring certain sites where fat normally resides. But you might miss areas that accumulate fat on your specific body.

Men tend to gain fat in their thighs, chest and mid-stomach regions. Women gain it in the triceps, stomach and thigh areas.

If you combine the hydrostatic weighing with a skin fold test, the results you get are likely to be an accurate reading of your specific body fat.

Because the students running this program end up employed at health spas and Nautilus centers across the country, the emphasis of this weighing process is on professionalism. The results are kept confidential for those students who are faint of heart.

The actual procedure was interesting. First, they pinch you in three areas mentioned above.

The amount of fat is measured with a pair of calipers. Kim and Tim were the two technicians who got to pinch and write down the results. While Kim pinched, Tim wrote.

Then I got to climb into a tank full of chlorinated water.

They had me sit backwards on a swing in the water, without touching the sides of the tank. I was told to take a big breath of air, expel it and dunk under water.

If you expel as much air as possible, there is less chance of that air volume being weighed as fat tissue. We did this step three times, in order to get an accurate reading.

curate reading.

Kim and Tim then sat down with their trusty calculator to follow a formula that consisted of an entire page of math figures. When the results were in, my friend got to buy me coffee and Dilletantes.

However, that winning meant I got to lose seven pounds by the calculated formula. Which negates being able to have Dilletantes with my coffee.

Which negates having the coffee. Which kind of negates having made the bet in the first place...

This is not to give fat a bad name. Fat is needed to produce body heat, protect body organs and work as a fuel source. You are born with a certain number of fat cells. How much fat you carried as a child determined the elasticity of those cells. You can lose weight but not the actual number of fat cells you are born with.

Your body has an established set

point at which your fat cells feel comfortable. When you diet you lower the set point at which your metabolism operates.

That feeling of hunger you get when on a diet is due, in part, to the fat cells wanting to stay at the old set point.

So if your end goal is a toned body, it is vital to not lose that muscle when you lose body weight.

Next quarter this service will cost a slight fee. The Fitness Specialist program will have computer-operated equipment and a brand new heated tank. (Did I forget to mention that the water was cold?) Or that you should bring a towel, swim suit and comb?

Contact Jan Boyungs at 963-1794 for appointments on Tuesdays and Thursdays, between three and six o'clock. It takes only fifteen minutes to complete this evaluation and is well worth the effort.

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Graphics

The senior leader of this team is Darwin Davis. "He is the literate philosopher of our group," said Richards. "We talk for a bit, bounce ideas around and get shot down by one another when collaborating."

The two projects drawing attention to C.W.U. are being used to recruit new students to Central. The first is a set of recruitment materials using the "Imagine" theme as a base. The second project is a series of pictures of nature

scenes found in the Yakima area, put into calendar form.

The first was designed by Richards and photographed by Ellensburg photographer Debbie Storlies. The second project was designed by Davis and photographed by Pat O'Hara. O'Hara is known for his work in such magazines as *Sunset* and *Audubon*.

"Imagine" is an active form of the word imagination. "There is a wealth of untapped knowledge. The challenge is

for the student to find it. They shouldn't think that others have found it all," said Richards.

"Imagine" required an administrator who could see beyond the confines of his own four walls. Central's admissions director, Jim Maraviglia, is such a man.

"Not many administrators can see mirrors in a field as enhancing academic interests," said Davis. "Getting awards brings credibility to both the supporters and designers of such a project."

"The challenge is to use the imagination, given the variety, frustration and agony of creation," said Davis. Glenn Bach felt "we have communicated an idea—made an action occur—made someone come to the University."

How does being a graphic artist affect your personal life?

The designers agreed that no artist worth his or her salt turns it off at the day's end. It forces you to "be open minded, to see that there is no right way to do anything," said Richards.

It teaches you to "champion variety in architecture—the good, the bad, the poor," said Richards. "If it were all the same, it would be a dull environment! Since the university is a breeding ground for ideas, it champions variety."

"It is a curse!" said Bach. "Everything you see, from Safeway ads to restaurant menus, you look at in an

analytical mode. Why did they put that line this way?"

Coming up with creativity "is the hardest part," said Richards. The first design involves creating and then refining the basic concept.

Some clients trust that their projects are in competent hands. These clients leave the artistic process in the designers' hands. Other clients have a different view of artistic license. Some tell the designers how to design. "Everyone has had at least one art class!" laughs Bach.

Bach of these designers is committed to the concept of a liberal arts education. "The inter-relationships between subjects taught helps an artist communicate," said Bach. Davis concurred, "It teaches you to be better equipped to function in the world."

The need to stretch professional growth is vital. "Things that you think you need to know nothing about, like paper selection, you need to know about," said Richards. Bach agreed, "When you aren't in the middle of a big city where the design ideas are happening, you need to keep current for professional growth."

"Einstein was not rated number one," said Richards. "But he sure had a great imagination!"

Think about it.
Imagine...

CPPPC NEWS

Central's Career Planning & Placement Center, located in Barge 105, invites students to visit the office to register for service, maintain a current placement file, keep posted on campus interviewing and current jobs, and discuss concerns regarding career goals.

GRAD SCHOOLS RECRUITING: On Oct. 30, Wilkes University - College of Law will be on campus. Interviews being held at Barge 105. Sign up in advance at CPPPC office starting Oct. 23.

On November 16, University of Puget Sound - School of Law will be on campus. Interviews being held at Barge 105. Sign up in advance at CPPPC office starting Nov. 9.

FOREIGN SERVICE OFFICER EXAM: The applications for the Foreign Service Officer Exam are available in the CPPPC office. Any student interested in working for the U.S. State Department should investigate. To take the exam, you must send in an application to be received by the Educational Testing Services by Oct. 23. We recommend you mail the application no later than Oct. 16. Test date is Dec. 12.

JOB SEARCH WORKSHOPS: A Job Search Workshop for teachers will be presented by Robert D. Mulde of the Career Planning and

Placement Center for candidates pursuing a career in the public schools. Nov. 3 - Job Finding Skills; Nov. 4 - Resume Writing; Nov. 5 - Interviewing. All meetings at Shaw-Smyser 105, from 4-8 p.m.

BUSINESSES INTERVIEWING: The following organizations will have representatives at the CPPPC to interview interested candidates. Sign-up schedules are posted one week before the arrival of the interviewers.

K-Mart Apparel, Oct. 22; Boeing, Nov. 24; Farmers Insurance, Nov. 3; Sharp Microelectronics Technology Inc. (computer science design and scientific applications), Nov. 5; U.S. Army Recruit. Battalion, Nov. 16; U.S. Naval Investigative Service Resident Agency, Nov. 17-18; Godfather's Pizza, Nov. 18.

There may be additional to this list of recruiters. Please stop by from time to time to check the current bulletin.

COLLEGIATE SELLING PROGRAM: for Sophomores, Juniors and Seniors. The Northwestern Mutual will be holding a group meeting Oct. 27 at 2 p.m. in SUR 2045 to discuss opportunities. Would like those interested to stop by CPPPC to sign up in advance beginning Oct. 20.

United Pentecostal Church

You are invited to the United Pentecostal Church now meeting at the JC Building, 604 Mountain View Rd. Sunday morning Service at 10a.m., Sunday evening Service at 6p.m.

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SPORTS

Vandy's back after tryout with world champs

Brian Zylstra

At 6-feet-8, Ron vanderSchaaf has always been a person to look up to. But after the past few weeks, one might have an even harder time peering up at the former Central hoop standout, considering he's on cloud nine.

VanderSchaaf, the number two scorer and rebounder in CWU history, is back on campus after having a brief tryout with the NBA champion Los Angeles Lakers.

The last player selected in this year's NBA draft, vanderSchaaf spent three days in L.A.'s veteran camp before being cut.

Needless to say, the former Wildcat pivotman was thrilled about playing ball with the NBA champs.

"I'm glad I had the chance to play with some quality players," said vanderSchaaf, an NAIA All-American on last year's CWU squad that finished third at Kansas City. "It was the best basketball experience in my life."

Ron's experience began Sept. 31 at Loyola Marymount College in Los Angeles, where the Lakers held their rookie camp. Once there, he didn't really think he would advance to vet camp.

"I figured a couple of days at rookie camp, then I'd be cut," vanderSchaaf said. "I had no idea what their plans were."

But, by the end of the rookie session, the Dutch native was invited to the same camp that NBA stars Kareem Abdul-Jabbar, Magic Johnson, and James Worthy would be attending.

Veteran camp, held at Palm Springs, began Oct. 9.

Once there, vanderSchaaf was subjected to running, running, and yet more running.

"You're so tired from running," Ron pointed out. "It's a tough adjustment to make. We would run it (the fast break) three or four times in a row. That would take a lot out of you."

VanderSchaaf said the Lakers worked long and hard on their break, considered by many the most lethal weapon in the NBA.

"Their break is their main offense," he explained, adding that they use two kinds of breaks - open and sideline - with eight options in each one.

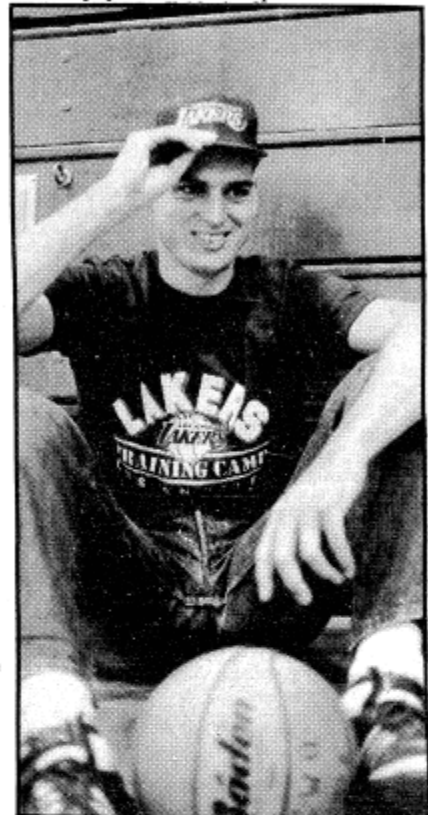
A center at CWU, vanderSchaaf was asked to play the three (small forward) and four (power forward) positions in camp. The transition from a pivotman to a player who constantly fills a lane on the break was a hard one to make, one that eventually caused him to be let go.

He felt that the main difference between NAIA ball and the NBA was speed.

"The shock was the speed. My first four, five steps weren't fast enough after a rebound."

Despite being the first one cut from camp, vanderSchaaf wasn't very disappointed.

"It's a shame I got cut so early. But I'm just glad I had a chance to play in the veteran camp."



HATS OFF TO YOU, RON - Former basketball standout Ron vanderSchaaf recently returned to CWU after being cut by the Los Angeles Lakers earlier this month.

Besides, he knew it was unlikely he would make the Lakers' final roster. "I definitely felt it was a long shot right away because I was the last guy picked in the draft. Being able to take the three spot as an NAIA player was virtually impossible."

Still, vanderSchaaf is proud of himself. "It was quite an accomplishment for myself. It's nice to say I played with Kareem and guarded Magic."

Central basketball coach Dean Nicholson is equally proud that his former pupil was drafted and had a chance to play with NBA players.

"I think that's a real honor for him and our program," Nicholson said.

The CWU coaching legend has had two other players taken in the NBA draft - Theatris Wallace by Seattle in 1969 and Doug Harris by Golden State in 1983. In addition, Nick had four players drafted by ABA teams: Mel Cox, Paul Adams, Dave Benedict and Rich Hanson.

VanderSchaaf lived any hoopster's wildest dream by playing on the same court with Johnson and Abdul-Jabbar.

"It was awesome. I didn't realize the first day I was playing with Magic and Kareem. But after that it was great, running the fast break with Magic and pushing against Kareem."

Vandy also was impressed with Laker head coach Pat Riley. "He's an awesome coach," Ron said of the GQ mentor. "He knows exactly what he's talking about."

"Along with coach Nicholson, he's the best coach I've ever had."

VanderSchaaf's time in veteran camp didn't pass without a few interesting, if not funny, moments.

"When we came from rookie camp to Palm Springs, we were told there was a team dinner and were told to dress up. So we put on our coats, ties, slacks. Here the veterans were in T-shirts, shorts and basketball shoes. I thought it was kind of funny."

Now that he's back at school, vanderSchaaf will finish work on his Business Administration degree (Real Estate emphasis). He hopes to graduate next March.

The Dutchman's main goal after graduation is to acquire U.S. citizenship so he can live permanently in the States.

However, vanderSchaaf hasn't ruled out the possibility of playing basketball. He is pondering an invitation to play in a pre-Olympic tournament in the Netherlands in March or April, and he added that he wouldn't mind playing hoop in Europe, Australia, or South America. Another shot at the NBA might even be taken.

"I would like to travel and see parts of the world. Basketball gives me the opportunity to do that."

One part of the world that was happy he had such an opportunity is right here.

Wildcat gridders rally for Homecoming win

By GEORGE EDGAR

Staff Writer

Central capped its 1987 Homecoming weekend with a spectacular 26-21 come-from-behind win over the Oregon Tech Owls Saturday at Tomlinson Stadium.

The win gives Central an overall mark of 4-1. The Wildcats host Pacific Lutheran Saturday in an important CFL Northern Division game. The contest is scheduled for a 1:30 p.m. start.

The game was actually two contests in one. In the first half, the Owls manhandled the Cats, holding them to 38 yards rushing and 24 passing, while OIT's "Air Force" rolled up 283 yards total offense, 231 by passing.

But in the second half, Central exploded for 273 yards offense, while OIT was held to 44 passing and a minus 14 rushing.

What did head coach Mike Dunbar say in the locker room at halftime to cause the tur-

disappointment," said Dunbar. "Everyone was finger pointing and thought they had an answer. (But) we didn't change our game plan. They were just plain kick-

ing our butts."

The Owls exploded for 21 points in the first half after a scoreless first nine minutes.

After a Steve Jones punt pinn-

ed the Cats inside their own 10, the Owls threw a 4-6 type blitz right at the Central offense. The blitz caused a Kevin Rodgers fumble and Tech linebacker Joe

Cain recovered at the 10.

Two plays later, Billy Coats dove in from the one for a 7-0 lead with 5:55 left in the first.

After Tech stopped Central's next drive, Owl quarterback Kevin Dalesky drove his team 79 yards in eight plays, with key throws to Ron Ingram and Mark Cox across midfield.

Coats slashed for 24 yards on a trap to the Central 25, then Dalesky connected with Cox for 12 more on the last play of the quarter. Coats broke loose from there on the first play of the second quarter for the score, making it 14-0.

The Wildcats were frustrated in their next two drives, the first dying after Jimmie Dillingham returned a kick to midfield, the second stopped by two sacks of quarterback Jim Hill by Cain.

Following Central's second foiled possession, the Owls regained possession at their 30. On second and four at the 36, Dalesky launched a high spiral



BUSLEO BARRAGE - Kevin Rodgers scores one of his two fourth-quarter touchdowns

Spikers back on track as tourney nears

By BRIAN ZYLSTRA
Sports Editor

After some periodic derailments, the Central volleyball team appears to be back on track - and just in time, too.

Lying ahead is a barrier known as the District Cross-Over Tournament tomorrow and Saturday at Nicholson Pavilion.

The tournament is vital to Central's playoff hopes since its five remaining District 1 matches will be played in the fest. And, with only four teams advancing to the playoffs, each match becomes even more precious.

CWU currently owns a 2-1 district record (6-19 overall).

The Wildcats made a turn for the better Oct. 14 when they captured a 15-10, 16-14, 15-11 non-district win at Whitworth - the first win in 14 tries there for the 'Cats.

One night earlier, the 'Cats were routed by the University of Washington 15-5, 15-3, 15-3.

Central tuned up for this weekend's tourney by playing at Whitman Tuesday. Results weren't available at deadline.

The first of 20 tournament matches begins tomorrow morning at 9:30. Each match is best three-of-five games. Admission is free.

Nine teams will compete in the tourney, including favorite Puget Sound. The Loggers are ranked third in the NAIA and feature Cathy Flick, the

most valuable player in the NAIA last year. The 5-10 Flick possesses a 37-inch vertical leap.

Central head coach John LaFever said his team played fairly well against the Pirates last week.

"We didn't really serve that well, but we were pretty much in control," LaFever said.

CWU had a lineup that featured three freshmen and two sophomores. "We had a pretty young lineup in there, and we did pretty well with it," LaFever noted.

Lisa Robertson and Crystal Babbitt led the 'Cats with 10 kills, and Cindy Pearson paced the team with 12 assists.

LaFever singled out the play of Pearson and freshman Amy Cornett.

Washington made the Wildcats' stay in Seattle a short one, taking only 40 minutes to win the match.

LaFever acknowledged that the Huskies simply had too much talent for his squad.

"They have a few athletes who are a heckuva lot better than anything we have. They were just physically superior, plus they also have been exposed to some top-flight teams."

But LaFever said the 'Cats didn't play poorly, adding that Cornett and fellow freshman Marlene Grasser led the team with three kills each.

"It's good to have two freshmen do well."

Pearson was named Wildcat-of-the-Week.

CWU runners shine at Leavenworth meet

By NEIL STURGEON
Staff Writer

In the beautiful alpine village of Leavenworth, on a cross country ski path at the foot of a rope tow, three Central male runners placed among the top six, helping CWU to a second-place finish in the Wildcats' lone home meet of the season, the Art Hutton Invitational last Saturday.

On Saturday, the Wildcats will compete at the Western Washington Invitational, the team's final tuneup before districts.

Kim Burke stormed the women's 5,000-meter course to a third-place finish behind Simon Fraser runner Lea Pells, the NAIA record holder in 1,500 meters, and Valerie Higan, former national champion.

The extremely difficult course at Leavenworth is much like the course in Kenosha, Wis., the home of the NAIA national cross country meet. Hence, the Leavenworth course will be used as the site of the District 1 meet.

CWU junior Chuck Little, of Selah, was the first Central male across the line, finishing third overall in a time of 28:10, only 19 seconds behind the winner, Western's Neal Sherry. Mike Pace secured fifth place in 28:33 on the 8,000-meter course. And Joel Czech collected sixth place overall (28:37).

"Joel really turned on the after-

burners," commented men's coach Spike Arlt.

"I was really happy with a lot of the guys this week," Arlt continued. "This is a tough course, and the district course, so we're looking pretty good. Cope Belmont should be in there for districts as well. Right now we need a fifth man to put in a tough performance. That is where we missed first place last week."

The Central men finished with 54 points, just behind Pacific Lutheran with 51. Western was right behind CWU with 58 points.

Cope Belmont finished 13th overall with a time of 28:57, followed by Steve Bacon in 29:27, Dan Sutich (30:19), Matt Olson in 30:31, Gary Anderson (31:00), Jim Oldham in 31:23, Dallas Trophe (31:30), Aaron Caydo in 32:11 and Brad Furer in 34 minutes.

Burke, Central's quintessential distance runner, covered the hilly course to finish a strong third. "She has showed no signs of tiring and is a strong candidate for NAIA All-American in Kenosha", said women's coach Keith Kellogg.

Heather Lucas finished 21st with a time of 20:27. Other Wildcat finishers included Jody Dempewolf (22:04), Stacy Julson in 22:51, Mary Veneziani (25:14), Kristi Koester in 25:28, and Jill Shaw (25:30).



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Soccer teams continue to win

By JOEL LIUM

Staff Writer

Central's men's and women's soccer teams continued to post impressive victories, thus changing their images from also-rans into solid contenders.

The men blanked Seattle 1-0 Saturday to collect their first league win. On Oct. 14, the Wildcats dropped a 3-0 road match to Pacific Lutheran.

The 'Cats, 1-3-1 in league play, return to action Saturday at home against Gonzaga. Match time is slated for noon.

The CWU women collected their second win of the season by slipping past visiting Washington State Saturday, 4-2.

Since soccer at WSU is a club sport, the win is considered an exhibition. Officially, the 'Cats are 1-3, and 2-4 in all matches.

The Central women will be hard pressed for victory number three. Top

ranked PLU comes to Ellensburg for a 3:30 p.m. contest tomorrow. The Wildcats then host Evergreen State at 3 p.m. Saturday.

Central men's coach Greg Sambrano said he was happy with the win over SU, but he is a bit perplexed by his team's offense. "We scored enough to win, but we could've scored five or six times," Sambrano said.

Joe Riedeman scored the game-winner with a boot into the left-hand corner of the goal from about 35 yards out, some 60 minutes into the match.

"It was just out of reach of the goalkeeper and was placed perfectly," Sambrano said.

Scott Willis posted the shutout for Central and was credited with four saves.

The improvement of the first-year Wildcat women's team was never more apparent than Saturday when they

downed the Cougars.

"This was a major upset," CWU women's coach Dean Walker said. "They are a much stronger and better skilled team. But our physical conditioning was superior to theirs."

The 'Cats twice came back from one-goal deficits, and blanked WSU in the second half to collect their second straight win.

Freshman Jenny Kremer and Jenny Todd each scored a goal in the opening half, and Kremer added two more in the second half.

Todd, Holly Betz and Kim Gregg were credited with assists.

Intramural Top Ten

Flag Football

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3. FORE SEASONS SPORTS 2-0
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7. SCHMIDT FACED 2-0
8. 911 2-0
9. THE SCABS 1-1
10. BIG RED 1-0

Gridders

Continued from page 12

to flanker Tony Jenkins, who got behind the Central secondary and simply outran them for a 64-yard touchdown play. The extra point made it 21-0 at the half.

That was the end of the 'first game.' The 'second game' began with Central's opening drive of the second half. Hill hit Rodgers for a 23-yard gain down to the CWU 43, then, five plays later, connected with Dillingham for 25 on fourth and six to the Tech 23. Two plays later, on third and 12, Hill burned the Tech blitz with a 25-yard touchdown strike to Todd Peterson. Scott Kelly's PAT cut the lead to 21-7.

The Wildcat defense took control of the game on the next Tech drive. On second at his own 16, Dalesky underthrew his receiver and was intercepted by linebacker Keith Ross at the 29.

Here, Central tried a little razzle-dazzle. Hill pitched out to Dillingham for an apparent end sweep. But the tailback cocked his left arm and threw a 29-yard touchdown pass to Brett Collins. Kelly's kick cut the lead to 21-14.

"Coach Dunbar called the play," explained Dillingham. "We've been working on it in practice. Every time they pitched out to me, the defense flew right at me. With this, you could hit every wide receiver off a blitz to go for

the TD. It's something to keep the defense honest."

The 'Cats got a scare on the ensuing kickoff. Ali Byrd received the ball on the one and took off for an 87-yard run-back to the Central 12. But the defense stopped the Tech threat, leading to a missed 26-yard field goal by Jones.

Central continued to battle back in the fourth quarter. CWU drove 47 yards on its next drive down to the Tech 19. On second and nine, Rodgers atoned for his two fumbles on the day by breaking off left tackle into the end zone. But Tech defensive tackle Mike Forrester blocked Kelly's extra point attempt, keeping OUF in front 21-20 with 7:06 left.

Mike Hasskamp came in to relieve Dalesky but could not move the Owls. Central got the ball back at its 37, moving with ease to the Tech 49, where Hill then connected with Peterson for a 30-yard completion down to the 19. That set up Rodgers' second touchdown of the day from there. The two-point conversion was stopped, but Central had the lead at 26-21 with 3:44 remaining.

Linebacker Jeff Marty had four sacks, nine tackles in all, plus a forced fumble. For that he was named Defensive Player-of-the-Week in the Columbia Football League and NAIA Division 1 National Defensive Player-of-the-Week.

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